



"You don't stop playing because you grow old... You grow old because you stop playing."

April 17 – May 1, 2010

Early registration deadline: Friday, March 19, 2010
Final registration deadline: Monday, April 5, 2010
Opening Ceremony and SilverArts Showcase: Saturday, April 17, 2010
For more Durham Senior Games information: (919) 354-2710



Sponsored by the City of Durham Parks and Recreation Department in coordination with St. Joseph's Historic Foundation at Hayti Heritage Center, Council for Senior Citizens, HUMANA, NC Cooperative Extension, Durham County Health Dept, the YMCA of the Triangle, Durham Housing and Community Development Department, Wells Fargo, and the Carolina House of Durham.



Durham Senior Games

101 City Hall Plaza Durham, N.C. 27701 (919) 560-4355

Greetings Athletes and Artists!

The Durham Parks and Recreation Department has proudly coordinated the Durham Senior Games for nineteen years! We are very excited about this program and greatly appreciate the support of many major businesses and agencies. HUMANA, Durham County Health Department, Durham Housing and Community Development Department, NC Cooperative Extension, the Council for Senior Citizens, YMCA of the Triangle, Wells Fargo, and St. Joseph's Historic Foundation at Hayti Heritage Center are among the many agencies that have partnered with us throughout the years.

For the past six years, we have seen outstanding growth and now serve over 200 athletes and artists in over 30 sports/events and 20 art forms. We hope that you will be able to join us, and if you are already a part of the Durham Senior Games family, we hope you will stay involved! Come try a new event this year – play bocce and croquet to exercise your mind and body! If you want to walk on the track with friends old and new, sign up for the SilverStriders Fun Walk. Make an effort to try something new in 2010!

Another event we want to highlight is our Cycling event. We partner with Raleigh-Wake Senior Games, and cycling will be held before our Games on Tuesday, April 6 in Cary. Please call DSG at 354-2710 by 3/31/10 if you want to enter cycling!

Whether you are a serious competitor or choose to participate only for the enjoyment of being involved, we have a place for you. So come on, bring your friends and family and join us for the 2010 Durham Senior Games! Our competitions are held annually during the month of April, and we offer many ways to be involved throughout the year. Free play basketball happens every Wednesday from 4-6p at Holton. And look for chances to practice many events at Holton during March. Practice your skills or learn a new event!

Thank you for your continued support, and best of luck in Senior Games and SilverArts!

Allison Hubbard
DSG Coordinator

General Information

WHAT ARE DURHAM SENIOR GAMES MISSION AND GOALS?

This program is sanctioned by North Carolina Senior Games, Inc. NC Senior Games is sponsored statewide by the North Carolina Division of Aging.

The Program Offers:

- a year round wellness program for persons 55 years and better that began in 1983
- opportunities for participation in sports, arts and social activities
- a chance to make new friends and renew old friendships

WHO IS ELIGIBLE?

To participate in the Senior Games you must be 55 years of age or better on or before December 31, 2010. Proof of age may be required upon request. Participants must be a Durham County resident for a minimum of 3 consecutive months of the year. All team and doubles events and SilverArts are open to individuals outside of Durham. However, at least 50% of the group/team must be a resident from Durham County.

For sporting events, men and women compete in separate categories in the following age brackets based on age as of December 31, 2010

55-59	60-64	65-69	70-74	75-79
80-84	85-89	90-94	95-99	100+

SilverArts competitors are not divided into categories based on age or sex

In doubles and team events the age of the youngest player is used to determine the age group for competition. No substitute partners are allowed. You must compete with the partner indicated on the Official Entry Form.

HOW DO I ENTER?

- 1. Durham Senior Games must **RECEIVE** your Official Entry Form by **5 p.m. on Monday, April 5, 2010.** The deadline is strictly enforced in fairness to all participants. Late entries will be returned if received after **April 5, 2010.**
- 2. Pick up a registration form from the following locations:
 - Durham Parks & Recreation Main Office (400 Cleveland St.)
 - Durham Center for Senior Life (406 Rigsbee Ave.)
 - Holton Career and Resource Center (401 N. Driver St.)
 - I.R. Holmes Sr. Recreation Center at Campus Hills (2000 Alston Ave.)
 - The Community Family Life Recreation Center at Lyon Park (1309 Halley St.)
 - Downtown YMCA (215 Morgan St.)
 - Council for Senior Citizens Satellite Sites
 - Download a form after February 1, 2010 from Durham Parks and Recreation Website www.dprplaymore.org
- 3. All participants must complete and sign the Official Entry Form
- 4. Athletic and sporting event participants must also complete the **Events Registration Page**
- 5. SilverArtists must complete the SilverArts Registration Page
- 6. Enclose check payable to: The City of Durham
- 7. Mail your entry form to:

Durham Parks and Recreation Attn: Durham Senior Games 101 City Hall Plaza Durham, North Carolina 27701

ENTRY FEES

Early bird deadline: Friday March 19, 2010 Final Entry deadline: Monday April 5, 2010 \$18 City Resident, Play More Card

\$20 City Resident, No Play More Card

Entry fee (not including Golf & Bowling fees): \$23 Non-City Resident, Play More Card \$25 Non-City Resident, No Play More Card

WHAT DO I RECEIVE?

- As a participant, your entry fee includes a Durham Senior Games t-shirt, a keepsake, and sponsor giveaways!
- Registration packet pick up: Thursday, April 15 from 11am-2pm at the Center for Sr. Life Friday, April 16 from 11a-2p at St. Joseph's Hayti Heritage Center (804 Old Fayetteville St) Saturday, April 17, at Opening Ceremonies

WHAT ABOUT AWARDS ON LOCAL AND STATE LEVEL COMPETITION?

Medals are awarded to the first, second and third place finalists by division for all events except the SilverStriders Fun Walk. Winning a gold, silver or bronze medal in sanctioned athletic events will qualify you to represent the Durham Senior Games at the N. C. Senior Games State Finals competition. For Visual and Heritage Arts, winning first or second place will qualify you to represent Durham Senior Games at the State Finals. First place winners in Literary and Performing Arts Categories will qualify to compete at NC Senior Games State Games Finals. Durham Senior Games will not release awards to anyone other than the winning participant. Persons who qualify for State Finals will be given the registration information at the Closing Ceremony or it will be mailed. Persons wishing to compete at State Finals must submit their entry by August 1, 2010.

IMPORTANT INFORMATION

- You will receive a written confirmation from Durham Senior Games upon receipt of your entry form. If you have not received your confirmation within two weeks of registering, or by **April 9**, **you must contact the DSG Office at (919) 354-2710** to verify that your entry form was received.
- Durham Senior Games officials reserve the right to cancel any event or combine age groups because of insufficient registration.
- No events will be delayed for latecomers. Match time is forfeit time and refunds will not be granted for no-shows.
- The safety and sportsmanlike conduct of everyone is of paramount concern. Durham Senior Games officials have the authority to disqualify, and/or remove from current and future Durham Senior Games programs anyone who exhibits inappropriate behavior or a condition of medical concern.

WHAT IF IT RAINS?

Durham Senior Games officials reserve the right to cancel or postpone events due to inclement weather or unusual or extenuating circumstances. There will be no refunds for cancelled or postponed events. We have set rain dates for most events, and will make every effort to follow the established Games schedule. Come prepared for all types of weather. Call (919) 560-4636 during the Games for a recording of any schedule updates.

WHERE CAN I TRAIN?

Training opportunities are available and located on the DPR website. If you need more information, please call (919) 354-2710.

MISSION OF SENIOR GAMES

Senior Games is a wellness and prevention program to keep the body, mind and spirit fit while enjoying the company of friends, family, spectators and volunteers.

Durham Senior Games Official Entry Form

(Please print clearly or type)

	a new participant a returning partici	pant				
First Name	Middle Initial	Last Name	Age as of December	31, 2010	Date of	Birth
Street Address			City/State/Zip Code			
Telephone #	Eı	mail Address		Sex: Fe	male 🗆 1	Male
	I Income Questions African American	are OPTIONAL: can	dian Hispanic	□W	hite '	Other
My annual ho	usehold income is les	ss than \$11,000 (1 persons than \$16,000 (2 or more an entry fee scholarship	ore people in household)	☐ Yes ☐ Yes ☐ Yes	☐ No☐ No☐ No	
T-Shirt Siz		Medium Larg	e \(\text{X-Large} \) \(\text{2X-} \) \(\text{(\$1.00)} \)	•	□3X-La (\$2.00 extra)	C
events and a The risk of it while particular rule. I KNOWIN NEGLIGENCE Of the significant hazard official immediated. I, for myself the Durham Send vertisers, and it NJURY, DISAB RELEASEE OR Of the significant hold at the designated. I understand Games to determine the determine the signated of th	ation of being allowed to activities, the undersigned injury from the activities ales, equipment, and person of the second of th	participate in any way in the acknowledges, appreciates, a sinvolved in this program is a small discipline may reduce the ASSUME ALL SUCH RIST her, and assume full responsive stated and customary term participation, I will remove participation, I will remove as, assigns, personal represents, officials, agents and/or elessors of premises used to so of damage to person or property of Durham Senior Gaity to check with my Local Finals, and to get a State Fust 1, 2010. I understand that	significant, including the potentis risk, the risk of serious injury SKS, both known and unknotibility for my participation; and, as and conditions for participation and myself from participation and antatives and next to kin, HERE employees, other participants, so conduct the event ("Releases" property, WHETHER ARISIN stible for loss, theft, or damage	tial for permadoes exist; arown, EVEN tion. If how bring such t BY RELEAS sponsoring ag), WITH RE G FROM TI to SilverArts mediately folt to be received ed in fairness	nent paralys nd, IF ARISIN vever, I obse o the attenti SE AND HO gencies, spor SPECT TO HE NEGLIC entries. All o lowing Durh in the North to all.	is and death, and G FROM THE erve any unusual on of the nearest LD HARMLESS asors, volunteers, ANY AND ALL EENCE OF THE entries not picked am Local Senior Carolina Senior
Pri	inted Name		Signature			Date

By entering the Durham Senior Games, I grant Durham Senior Games and its sponsors the right to use my name, quotes, and any pictures taken of me during the Games without remuneration.

Events Registration

Open Events: All team and doubles events and all group events for SilverArts are open. At least 50% of the group/team must be from Durham County.

Early Bird Received by Durham Parks & Recreation ON or BEFORE March 19	Save \$3.00	\$
Registration Received by Durham Parks & Recreation between March 19-April 5	\$18 CR-PC	\$
	\$20 CR-NPC	
	\$23 NCR-PC	
	\$25 NCR-NPC	
If you need assistance with the entry fee, please contact 354-2710 and request a Sch	olarship Application.	
T-shirt fee for 2X-Large	\$1.00	\$
T-shirt fee for 3X-Large	\$2.00	\$
I. EVENT FEES REQUIRED IN ADDITION TO THE ABOVE ENTRY FE	E	
ndividual Sports		
	o fee	
	o fee	
■ Bowling – AMF Lanes #6	of bowling event(s)	
\$ 5 per event, includes use of ball and shoes, if needed	x \$5.00	\$
☐ Singles (\$5)		
Doubles (\$5) – Partner's Name Required		
Mixed Doubles (\$5) – Partner's Name Required		
<u> </u>	ALL 354-2710	No fee
	Y 3/31/10	
1 voiouu 1111 vv 11111state 11.5.	o fee	
Softball Throw - Hillside H.S.	o fee	
Discus Throw - Hillside H.S.		
Shot Put - Hillside H.S.		
	o fee	
	o fee	
	o fee	
Golf - Hillandale Golf Course \$2	24.00	\$
Indicate handicap of average score		
Low gross winners may advance to NCSG State Finals.		
To qualify for State Finals, golfers need to met a minimum performance		
score (MPS) and finish in the top 3 in their age group. MPS available		
from event coordinator.	C	
<u> </u>	o fee	
☐ 100 M Dash ☐ 400 M Dash ☐ 1500 M Run ☐ 1500 M Race Walk ☐ 200 M Dash ☐ 800 M Run		
\square 5 K Run \square 5 K Race Walk		
J K Kute waik		
Swimming – IR Holmes Sr. Center at Campus Hills	o fee	
☐ 50 yd Freestyle ☐ 50 yd Breaststroke ☐ 50 yd Butterfly		
☐ 100 yd Freestyle ☐ 100 yd Breaststroke ☐ 100 yd Butterfly		
200 yd Freestyle 200 yd Breaststroke 200 yd Butterfly		
☐ 500 yd Freestyle ☐ 50 yd Backstroke		
☐ 100 yd Individual Medley ☐ 200 yd Backstroke		
☐ 100 yd Backstroke ☐ 200 yd Individual Medley		

Name:	Phone ()		
Name:				
EMERGENCY CONTACTS				
Bring a photo ID at registration/cl	ıeck-in		emergency.	
	Your Allergies:		all times in case	
			proof of insurar	
			medications, an conditions and c	₹
Names of Medications:	Your Medical Conditions:		Please have a list of	
This information may be shared with n		g the Gar	nes.	
Health Information for all Participants	s (Optional)			
	send casn . Please make check payo e made in writing. Refunds will not b			
	unt Enclosed (Add amounts j send cash. Please make check payo			ψ
TOTALA	unt Englassid (1)			\$
		Pa	ge 2 subtotal	\$
Closing Ceremony – Durham Cent	ter for Senior Life	\$10	per ticket	\$
Clasing Coromony, Durkey Cor		_ \$10	ner ticket	\$
Team Name Required		_		
☐ Softball – Pineywood Park		No	fee	
Captain's Name Required	_	_		
Team Name Required		_		
Basketball – Holton Center		No	fee	
Team Sports			_	
Mixed – Partner's Names Require	d			
<u> </u>	red			
Singles				
Tennis – Hope Valley Country Club		No	fee	
☐ Mixed Doubles – Partner's Name I	Required			
Doubles – Partner's Name Require				
☐ Singles				
Table Tennis – Campus Hills Rec. Ce	nter	No	fee	
	Required			
_	ed			
☐ Singles		110	100	
Badminton – Campus Hills Rec. Cent		No	fee.	
Racquetball - Campus Hill Rec. Ce	<u>u</u>			
Shuffleboard – Oldham Towers Ho				
☐ Croquet – <i>Southern Boundaries</i> ☐ Horseshoes – <i>Campus Hills Rec. C</i>	ontor			
Billiards – Bailey's Restaurant (10.	5 Ram's Plaza, Chapel Hill)			
Bocce – Southern Boundaries (100	•			
Tournament Sports		No	fee	

SilverArts Registration

Place a check beside the sub-categories you are entering. *You may enter up to seven (7) pieces, with a maximum of two entries per sub-category. Artist contact information will be displayed with artwork at the Exhibition. Check here if you do not want this information displayed. EACH PIECE MUST HAVE A UNIQUE TITLE - "TBA 1, TBA 2," etc. IS UNACCEPTABLE. **Visual Arts Subcategories** Title Oil _Acrylics Watercolor _Drawing Pastels ___Sculpture Mixed Media __Traditional Photography (chemically processed)______ *Digital Photography (excluding computer-enhanced) *Please note: Digital Photography is not a category for competition in the N.C. Senior Games State Finals **Heritage Arts Subcategories** Title Quilting Needlework Knitting Crocheting ___Basketweaving Rugs (hooked, braided, woven) Pottery (hand built & thrown) Woodcarving ___ Woodturning Woodworking **Other Art Forms Unlisted art items:** *One ribbon awarded for best overall in this category. Only one entry per person. **Literary Arts Subcategories** Title Poetry Short Story Essay/Article _Life Experiences (autobiographical) _____ **Performing Arts** Please check sub-category, number of performers in act and describe performance. Vocal: ___ Instrumental: ___ Dance: ___ Comedy/Drama: ___ Cheerleading: ___ Individual: Group (2-4):____ Group (5 or more):____ List number of individuals in performance. (Accompanist is considered part of group and must meet age requirement) Name of group/act: Title of performance:

REQUIRED- Give a brief introductory statement about your act for use at the SilverArts Showcase:

Durham Senior Games SilverArts Requirements

Eligibility

- All SilverArts entries must be the original work of the artist, must be a work created after the artist is age 55, and must be completed within 2 years of the Local Games' qualifying date.
- Previous SilverArts work will not be considered.
- You may enter up to seven pieces, with a maximum of two entries per sub-category.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be displayed in an area 3'(W) x 3'(L) x 5'(H).
- Senior Games has the right to refuse any or all art pieces that are deemed to be out of character.
- Artist's name and title of entry must appear on, or be attached the back of all entries for identification (see specific guidelines for literary pieces below).
- See category requirements for requirements specific to each category.

Submission

• All artwork in the Visual and Heritage Arts competition must be submitted on **Friday**, **April 16**, **2010** between **10a.m.** and **1p.m.** at the St. Joseph's Hayti Heritage Center, 804 Old Fayetteville St. Literary entries should be sent with registration information and must include 3 copies (for judging). No late entries accepted.

Performing Arts Rehearsal

• The performing arts stage will be open for rehearsal **Friday**, **April 16** at Hayti Heritage Center from **11:00 a.m. to 2:00 p.m.** Call the DSG Office at (919) 354-2710 to reserve a time.

Judging

- Judging will be closed to the public.
- Judges will not see identifying information on Visual, Heritage or Literary artwork.

SilverArts Showcase

- The Performing Arts Competition will take place Saturday, April 17 at the Hayti Heritage Center, 804 Old Fayetteville St. around 10:30a.m. Participants should arrive by **9:45** a.m. in order to receive important stage directions and prepare to go on!
- All Visual, Heritage and Literary Artwork will be on display Saturday, April 17 from 10 a.m. to 1 p.m. at the St. Joseph's Hayti Heritage Center, 804 Old Fayetteville St.

Awards Ceremony

• Winners in the Literary, Visual, Heritage and Performing Arts categories will be recognized during the SilverArts Award Ceremony after the Showcase, between 11:30a.m. and 12 p.m.

Artwork Pick-up

• All artwork must be picked up following the SilverArts Exhibition, Saturday, April 17 between 1:00-2:30 p.m., items not claimed during the stated time will become the property of Durham Senior Games.

Category Requirements

Heritage Arts

- Entries must be the work of the individual and should not be a group effort.
- Entries must be original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Latch hook rugs and pieces from ceramic molds will not be accepted.
- Framed works can be no larger than 36" x 42", including the matting and frame.
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- The Heritage Arts piece entered at the State Finals must be the same piece that won at the Local Games.

Literary Arts

- All entries must by typed, double-spaced, on 8-1/2 x 11 paper and have a minimum of 1" margins. The work must be a minimum font size of 10-point type.
- Poems can be no longer than 40 lines.
- Short stories, essays and life experiences can be no longer than 8 pages, typed and double-spaced.
- All entries must have a title page, which includes title of work, sub-category and name of artist.
- The artist's name should not appear on the content pages.

Visual Arts

- All artwork, except sculpture, must be framed, securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 35" x 42," including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Freestanding entries must be able to be displayed in an area 3' (W) x 3' (L) x 5' (H).
- The art piece must be an original work, not a print.
- If on-site assembly is required, details must be specified on the information form for SilverArts prior approval.

Performing Arts

- An artist may have only one entry in each sub-category. This means that an artist could participate in a group and individual performance in a sub-category.
- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing begins with the first note of music or the first movement visible to the audience and ends with the exit of the last performer from the stage or final movement of the act.
- Performing entries may be one of the following: a) soloists, b) small groups (2-4 performers) or c) large groups (5 or more performers). Accompanist (s) will be counted to determine size of act. No one under age 55 will be permitted on stage and each accompanist must be a registered participant.
- Voice presentations must be a live performance by the artist. Background music can be taped. Lip-synch is not permitted as a performing art.

Special Events

Opening Ceremony

This exciting event will take place on Saturday, April 17 at 10:00 at the St. Joseph's Historic Foundation Hayti Heritage Center 804 Old Fayetteville, with the SilverArts Showcase, torch lighting, entertainment, and special guests.

The SilverArts Showcase is a part of the Durham Senior Games and provides competition in Literary, Visual, Heritage and Performing Arts. The purpose of SilverArts is to celebrate the creative spirit of older adults through competition. All SilverArts events will be held at St. Joseph's Historic Foundation Hayti Heritage Center, 804 Old Fayetteville Street, April 17 from 10 a.m.- 1 p.m. Artwork will be displayed from 10:00 a.m. to 1:00 p.m. The Performing Arts Competition will take place around 10:30a.m. An Awards Ceremony will be held after the Performing Arts Competition beginning around noon. Admission is FREE! For more information, contact the DSG Office (919) 354-2710.

Don't miss this festive event!

SilverStriders Fun Walk

A non-competitive, 1-mile recreational walk will take place at Hillside High School on the day of Track and Field events, Wednesday, April 21, 2010 at 10a.m.

Closing Ceremony

The Closing Ceremony will be held at the Durham Center for Senior Life (406 Rigsbee Avenue) on Saturday, May 1, from 11:00 a.m. -2 p.m.

The DSG Closing Ceremony will include performances by SilverArts artists and demonstrations and opportunities to try out some SilverArts arts/events and Senior Games sports/events. Sponsors will be present to offer valuable information, and you will have a chance to thank them for their support! There will be many chances to meet new people, eat a nice lunch, and look back on the memories made over the past two weeks.

All of this fun, fellowship, food, and entertainment is offered for a small fee. The cost for each person for the closing ceremony is \$10.00. Please indicate the number of tickets you are purchasing where indicated on the Entry Form.

Come on out and celebrate with us!

Confirmation

 Your event confirmation letters and a map of event sites should arrive to you within two weeks of DPR receiving your application. If you have not received your confirmation within two weeks of registering, or by April 9, you must contact the DSG Office at (919) 354-2710 to verify that your entry form was received.

SENIOR GAMES SCHEDULE APRIL 17 - MAY 1, 2010

Saturday 17
Opening
Ceremony &
SilverArts

10:00am-1:00pm Hayti Heritage Center (804 Fayetteville St)

24

Basketball	
Shooting	

19

Mondav

9:00am Holton

Basketball 3 on 3

6:30pm Holton

Badminton

Tuesday

20

9:00am Campus Hills

Billiards

12:30pm Bailey's Restaurant (105 Ram's Plaza, Chapel Hill)

Wednesday 21

Track & Field

Events
9:00am
Hillside High School

Fun Walk

10:00am Hillside High School

Table Tennis

22

Thursday

9:00 am IR Holmes Sr. Recreation Center at Campus Hills

Racquetball

10:30 am Campus Hills

Horseshoes

Friday

Women 9:00am Men10:00am

IR Holmes Sr.
Recreation Center at
Campus Hills

Softball

Saturday

23

1:00pm Pineywood Park

*Track & Field rain date

5/1

Monday 26

Shuffleboard

9:00am Oldham Towers

Golf

8:30 am Hillandale

Tuesday 27 Bocce

9:30am @ Southern Boundaries

Croquet

10:30am Southern Boundaries

Tennis (HVCC)

5:00pm Singles 6:00 pm Doubles

*Rain date for: Horseshoes and softball

Wednesday 28

Archery

9:00am Sandy Creek Park-(3510 Sandy Creek Drive, Durham, NC 27707)

Thursday

Swimming
1:00pm
IR Holmes Sr.
Recreation Center
at Campus Hills

29

*Shuffleboard, golf and tennis rain date

Friday 30

Bowling

AMF (Chapel Hill Blvd.) 9:00 am Singles 11:30 am Doubles 1:00pm Mixed Doubles

<u>Saturday</u>

Closing Ceremony

11:00am – 2:00pm Durham Center for Senior Life (406 Rigsbee)

Remember to purchase tickets in advance!